



CBP Officer Fitness Testing Fact Sheet

Congratulations on your tentative selection as a U.S. Customs and Border Protection (CBP) Officer. The purpose of this brochure is to provide you with information that will prepare you for the Pre-employment Fitness Test (PFT) required of all applicants who receive a tentative offer of employment. It contains detailed information about the test procedures and how best to prepare.

All candidates must take and pass this two-part fitness test to continue with the hiring process. Consult with your personal physician before beginning an exercise program or practicing the PFT.

About the Pre-employment Fitness Test

The CBP Officer position and associated training programs are physically demanding and require agility, cardiovascular endurance, flexibility, and muscular strength and endurance. The PFT helps to prepare you for the arduous physical demands of both the Academy and the job.

Since passing the PFT is a requirement of employment, you should study the instructions in this brochure carefully and physically condition yourself to ensure that you can pass the test. The tests are administered in two parts in the following order:

PART ONE:

Push-Up Test

A timed test that requires you to complete as many proper form push-ups as you can in 60 seconds. The depth of the push-ups will be measured using a foam block. If you need to rest between push-ups, it must be taken in the "up position." The Test Administrator will observe your form throughout the test and will count aloud each push-up that is performed correctly.

Side Step Test

A timed test that requires you to complete as many outside line touches and centerline crosses as possible in ten seconds. You will be given two trials and the highest number will be recorded.

Sit-Up Test

A timed test that requires you to complete as many proper form sit-ups as you can in 60 seconds. If you need to rest between sit-ups, it must be taken in the "up position." The Test Administrator will observe your form throughout the test and will count aloud each sit-up that is performed correctly.

Lift/Lower Test

A timed test that requires you to complete eight lift/lower cycles as quickly as possible. A lift/lower cycle consists of lifting a 50-pound crate with weights from the floor to a 30-inch high table. A full cycle is counted when the crate has been returned to the floor. While speed is a requirement, good lifting posture and careful handling of the crate should be used.

PART Two:

Step Test

A timed test that requires you to step up and down on a 12-inch high platform at a rate of 120 steps per minute for five minutes. An audio CD containing a constant beat and verbal cues will be used to maintain cadence.

Part One:

Instructions for the Push-Up Test

This test is a measure of dynamic muscular strength and endurance of the upper body. It is a timed test that requires that you complete as many push-ups as you can in 60 seconds.

- Begin in the “up position” with your elbows locked and your hands spaced shoulder width apart, with the thumbs aligned with the crease of your shoulder. Keep your body in a straight line with your feet close together (Figure 1).
- Once in the “up position,” the Test Administrator will place a 4-inch high foam block in the area directly below your sternum (chest) (Figure 2).



Fig 1



Fig 2

- Upon hearing the “go” command, keep your body straight and lower your body until your sternum touches the foam block (Figure 3).
- Then, maintaining a straight body, push up until your elbows are locked. This completes one push-up (Figure 4).



Fig 3



Fig 4

- The Test Administrator will count the number of push-ups performed correctly and will remind you to maintain proper positioning throughout the test.
- If you need to rest, do so in the “up position” only (Figure 5).



Fig 5

Special Instructions

The test will stop:

- When the time has expired.
- If you cannot perform any more push-ups and indicate that you are done.
- If your knees touch the ground.

Push-ups performed incorrectly will not count

- Sagging back (Figure 6).
- Raised buttocks (Figure 7).
- Feet spread wide apart (Figure 8).
- Not touching the foam block, or not returning to the “up position” with your elbows locked.



Fig 6



Fig 7



Fig 8

Instructions for the Side Step Test

This test is a measure of coordination. This is a timed test that requires that you complete as many line touches/crosses as you can in 10 seconds. Two trials will be given.

- You will be allowed one practice opportunity.
- Begin by standing erect in the taped area straddling the center line.
- Upon hearing the “go” command, slide or side step to one side until the closest foot touches or crosses the outside line (Figure 1).
- Then, slide or side step in the opposite direction crossing the center line (Figure 2) until the closest foot touches or crosses the other outside line (Figure 3).



Fig 1



Fig 2

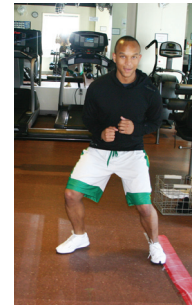


Fig 3

- You may not cross your legs or turn your torso.

Special Instructions

- If you cross your legs, or turn your torso, the trial will be stopped and you will be given another opportunity to begin again after a 20 second rest period.
- If you fail to maintain the correct positions during a retrial, you will receive a zero for that trial.

Instructions for the Sit-up Test

This test is a measure of dynamic strength and endurance of the abdominal muscle. It is a timed test that requires that you complete as many sit-ups as you can in 60 seconds.

- Begin with your back on the floor and your knees at a 90-degree angle. There should be an 18 to 21 inch separation between your heels and buttocks. Place your hands behind your head, with the fingers straight and your palms cupping or touching your ears, to assume the required “down position” (Figure 1).
- Upon hearing the “go” command, contract (tighten) your abdominal muscle to lift your upper body off the floor to the point where your elbows touch your knees or upper thighs (figure 2). Let the weight of your head rest on your fingertips throughout the sit-up (Figure 3).
- Return to the down position so that your shoulder blades touch the ground (Figure 4). This completes one repetition.



Fig 1



Fig 2



Fig 3



Fig

- To assist you, the Test Administrator will use his or her hands to hold your feet down on the floor (Figure 5).
- The Test Administrator will count the number of sit-ups performed correctly and will remind you to maintain proper positioning throughout the test.
- If you need to rest, do so only in the “up position” (Figure 6). If you get stuck in the down position, immediately pull yourself up using your hands (that sit-up will not count) (Figure 7).



Fig 5



Fig 6



Fig 7

Special Instructions

The test will stop:

- When the time has expired.
- If you can not perform any more sit-ups and indicate that you are done.
- If you remain in the “down position” for longer than 2 seconds.

Sit-ups performed incorrectly will not count

- Raising your buttocks off the floor (Figure 8).



Fig 8

Instructions for the Lift/Lower Test

This test is a measure of the upper body muscular strength. You will be required to complete eight lift/lower cycles as quickly and safely as possible.

- You will be allowed one practice opportunity.
- When instructed to do so, use good posture (see special instructions below) and lift the crate off the floor and place it on top of the 30-inch high table and briefly release your grip (Figures 1-5).



Fig 1



Fig 2



Fig 3



Fig 4

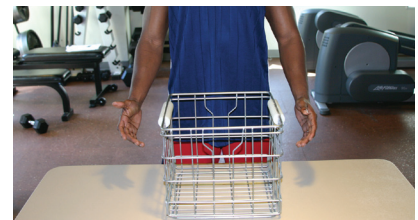


Fig 5

- Then, re-grip, and move the crate back to the floor and briefly release your grip (Figure 6 -8). This completes one lift/lower cycle.



Fig 6



Fig 7



Fig 8

- Count out loud each time you complete a lift/lower cycle.
- Continue lifting and lowering the crate until you have completed eight cycles.
- The Test Administrator will time the test.

Special Instructions

- Good lifting posture is important throughout this test. Follow these guidelines:
 - Place your feet slightly to the outside areas of the crate so that you can keep the crate as close to your body as possible.
 - “Fix” your back in a relatively straight posture and maintain it throughout the lift/lower cycles.
 - Look up (using the muscles of the neck and spine) during the lift/lower process to further stabilize your spine.
 - Lift and lower using your leg muscles to extend (straighten) and flex (bend) your knees (Figure 9).
 - Move your feet when positioning the crate on the table. Avoid twisting your spine.



Fig 9

Instructions for the Step Test

This test is a measure of cardiovascular endurance. It is a timed test that requires you to step in cadence with the audio CD at a rate of 120 beats per minute for 5 minutes.

Practice

- You will be allowed a practice opportunity to step in cadence (up, up, down, down). The Test Administrator will stand next to you (on the floor) during the practice and will direct you to start stepping in cadence (Figure 1).



Fig 1

- You will begin by marching in place. When it is time to begin to step on the bench, the Test Administrator will demonstrate take a high step and move his or her hand in an upward motion to indicate the transition from marching to bench stepping. When you see the high step and upward hand movement, step onto the bench (Figure 2).



Fig 2

- Once the practice session is over, the Test Administrator will move to a position in front of you to observe the timed test (Figure 3).



Fig 3

Testing Protocol

- Instructions on the CD will direct you to start the timed step test.
- Step up with the lead foot followed by the lag foot (Figure 1 and 2).
- Step down with the lead foot followed by the lag foot (Figure 3 and 4).
- Step to the cadence and continue stepping for 5 minutes. Stop only when instructed to do so on the CD or by the Test Administrator.
- You may switch your lead foot at anytime, but are not required to do so. If you are unable to switch your lead foot in cadence, just keep stepping. You will not fail for not switching feet, but you will fail if you stop moving.



Fig 1



Fig 2

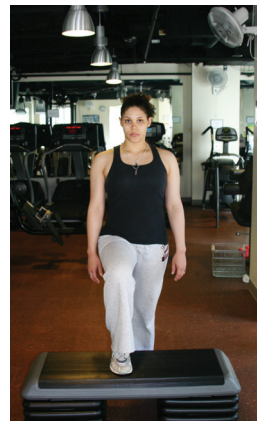


Fig 3



Fig 4

Special Instructions

The Test will stop:

- If you cannot continue stepping for the entire 5 minutes.
- If you are unable to maintain the stepping cadence (up, up, down, down) in accordance with the audio CD for more than two consecutive sequences.
- If you are unable to maintain the stepping cadence (up, up, down, down) in accordance with the audio CD for more than six sequences within the entire 5 minute test.
- If you push on your legs to assist in stepping (Figure 5).



Fig 5

Frequently Asked Questions

When and where will I take the PFT?

- The PFT will be administered at the same time and location as your medical examination. While it occurs immediately after the medical exam, the PFT is not a medical test, rather a separate and distinct pre-employment requirement.

What do I need to bring to the PFT?

- Gym shorts, sweat pants and a T-shirt.
- Athletic shoes with good support.
- Athletic support garments (i.e. braces).
- Water.

What if I have a medical condition that may affect completion of the fitness testing?

- You will need to bring all pertinent medical documentation from your treating physician to the medical examination. The examining physician will determine if it is appropriate for you to take the fitness test.

When will I know if I passed the PFT?

- Your score will be available via the Central Applicant Self-Service website found at <https://apps.cbp.gov/cass/> within 3-4 weeks from the date you complete the test. The Test Administrator **will not** be able to calculate or provide your score.

How is the PFT Scored?

- Each part of the PFT is scored separately. You must pass both parts in order to continue the hiring process. You must achieve a minimum cumulative score of 80 points on Part One and successfully complete Part Two (the Step Test). Additionally, candidates must achieve a score greater than zero on each test in Part One. Part One will be scored using the following scoring tables:

Push-Up Test	
Score	Reps in 1 minute
0	0-11
17	12
18	13-14
19	15-16
20	17
21	18-19
22	20-21
23	22
24	23-24
25	25
26	26-27
27	28-29
28	30
29	31-32
30	33-34
31	35
32	36-37
33	38
34	39-40
35	41-42
36	43+

Sit-Up Test	
Score	Sit ups in 1 minute
0	0-19
15	20
16	21
17	22
18	23
19	24
20	25
21	26
22	27
23	28
24	29
25	30
26	31
27	32
28	33
29	34
30	35
31	36
32	37
33	38
34	39
35	40
36	41+

Lift/Lower Test	
Score	Seconds to complete 8 lift/lower cycles
0	61+
8	60
9	59
10	58
11	57
13	56
14	55
15	54
16	53
18	52
19	51
20	50
21	49
22	48
24	47
25	46
26	45
27	44
29	43
30	42
31	41
32	40
34	39
35	38
36	37 and below

Side Step Test	
Score	Touches in 10 seconds
0	0-7
4	8
12	9
20	10
28	11
36	11+

ATTENTION APPLICANTS

Increase your Chances of Passing the CBP Officer Pre-employment Fitness Test (PFT)

- View the enclosed CBP Officer Applicant Fitness Test Information CD.
- Once you have obtained clearance from your physician, visit www.cbp.gov → Careers → CBP Officer → Increase your chances of passing the PFT → Narrated CBP Officer PFT and follow the instructions to practice the PFT.
- Participate in a regular fitness training program that focuses on upper body strength and endurance as well as cardiovascular efficiency and abdominal strength and endurance.
- Practice the PFT by following the instructions on the **Narrated CBP Officer Fitness Test** found online and follow along using the illustrations in this brochure to learn how the PFT is administered. Use the following log to monitor your progress:

PFT Practice Log

Push-ups																								
Date																								
Repetitions																								
Side Step																								
Date																								
Line Cross/Touches																								
Sit-ups																								
Date																								
Repetitions																								
Lift/Lower																								
Date																								
Repetitions																								

Make copies of this sample practice log

Sample Six Week Push-up Improvement Program

- Warm up for a few minutes by jogging in place for 2 minutes. Then do some light calisthenic exercises such as arm circles, arm crosses, shoulder rolls, and ½ jumping jacks (using arms only).
- Do specific push-up training for 10 to 15 minutes, 3 days a week, with a day off between training bouts. Example: Monday, Wednesday, and Friday.
- Training must be progressive in nature with both the intensity and duration increasing each week of the program.
- During the six week program you will perform various exercises from 15 to 40 seconds, with rest intervals between exercises ranging from 15 to 60 seconds. (See chart).
- Cool down for about 5 minutes by walking in place and stretching the arms.

WEEK 1

Mon-Wed-Fri

Type of Push-up	Time in seconds	Rest Interval in seconds
1 Regular with normal hand position	30	60
2 Regular with wide hands	30	60
3 Regular with close hands	30	60
4 Regular with normal hand position	20	60
5 Regular from knees	30	End

Total Time: 6 minutes 20 seconds

WEEK 2

Mon-Wed-Fri

Type of Push-up	Time in seconds	Rest Interval in seconds
1 Elevated feet with normal hand position	30	45
2 Regular with wide hands	30	45
3 Regular with close hands	30	45
4 Regular with normal hand position	30	45
5 Regular with normal hand position	20	End

Total Time: 5 minutes 20 seconds

WEEK 3

Mon-Wed-Fri

Type of Push-up	Time in seconds	Rest Interval in seconds
1 Elevated feet with normal hand position	30	30
2 Regular with close hands	30	30
3 Regular with wide hands	30	30
4 Regular with normal hand position	30	30
5 Regular with close hands	20	30
6 Regular from knees	20	End

Total Time: 5 minutes 10 seconds

WEEK 4

Mon-Wed-Fri

Type of Push-up	Time in seconds	Rest Interval in seconds
1 Partner resisted with normal hand position	20	20
2 Partner resisted with wide hands	20	20
3 Partner resisted with close hands	20	20
4 Regular with normal hand position	30	20
5 Regular with normal hand position	25	20
6 Regular with normal hand position	20	End

Total Time: 3 minutes 55 seconds

WEEK 5

Mon-Wed-Fri

Type of Push-up	Time in seconds	Rest Interval in seconds
1 Partner resisted with normal hand position	30	15
2 Elevated feet with wide hands	30	15
3 Elevated feet with regular hands	30	15
4 Regular with normal hand position	15	10
5 Regular with close hands	15	10
6 Regular from knees	15	End

Total Time: 3 minutes 20 seconds

WEEK 6

Mon-Wed-Fri

Type of Push-up	Time in seconds	Rest Interval in seconds
1 Partner resisted with normal hand position	40	15
2 Regular with normal hand position	30	15
3 Regular with close hands	30	15
4 Regular with wide hands	30	15
5 Regular from knees	30	End

Total Time 3 minutes 40 seconds

Training Notes

- Participants should try to follow the program on a week-to-week basis. Do as many sets as possible for each type of push-up. If unable to finish the work interval of 15 to 60 seconds for the designated exercise, try an easier type of exercise for the remainder of the work interval. It is imperative that you continue to perform the push-up movement (using easier exercises if necessary) throughout the entire work period to obtain maximum results.
- If you miss a workout, make it up as soon as possible before the next scheduled training session to ensure adequate rest and recovery.
- Adopt the training program to your needs but follow the recommended work and rest intervals each week.
- If you have access to weight training equipment, add one set of 8 to 12 repetitions to muscle failure for each of the following muscle groups: triceps, pectorals, and anterior deltoid.



Figure 1. Standard Push-up



Figure 2. Push-up with wide hands

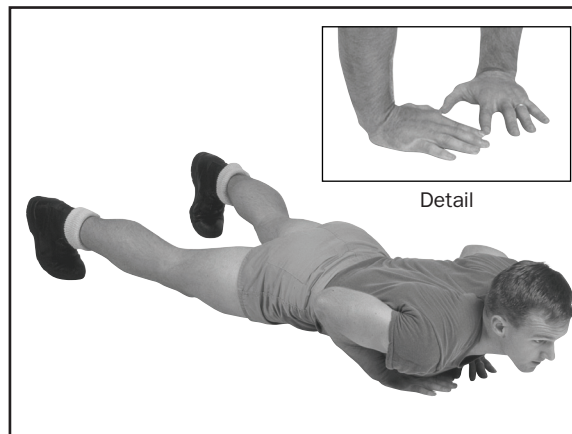


Figure 3. Push-up with close hands



Figure 4. Elevated feet Push-up using stability ball



Figure 5. Regular Push-up from knees

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(www.hatherleighpress.com).

Figure 4 from ACE Group Strength Training Second Edition 2004. American Council on Exercise, San Diego.
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Figure 5 from ACE Personal Trainer Manual Third Edition 2005. American Council on Exercise, San Diego.
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Sit-up Training Program

The **Specificity of Training** principle states that the more similar the fitness training is to the task to be performed, the greater its likelihood to produce a positive result. In other words to do more sit-ups – do more sit-ups!

1. Start by performing as many proper form sit-ups as you can in 60 seconds. Make sure you follow the guidelines specified on pages 6 & 7.
2. When performing this exercise place your hands behind the head with your fingers straight and your palms cupping or touching your ears. Let the weight of the head rest on your fingers. Do not pull or jerk with your hands to assist in the sit-up as it may cause neck strain or injury.



Illustrations and training advice provided by Vladimir Artemov, Olympic and World Champion and USA Gymnastics.

3. Train at 60 to 80% of that level. For example if you did 10 sit-ups in 60 seconds, do repetitions of 6 to 8.
4. Perform 3 sets of sit-ups at 60 to 80% of your 60-second max, every other day (three times per week). Rest 2 minutes between sets. To increase abdominal strength during repetitive sets, go up fast and come down slow. Record your progress on the Daily Fitness Training Log on page 10.

Training Tip: Contracting the abdominals during this exercise is the key to building abdominal strength. Exhale on exertion (the upward motion of the sit-up) and consciously contract the abdominals all the way up while continuing to blow out. Inhale on recovery (on the way down) and continue to hold tension in your abdominals.

5. Further gains can be achieved by stopping at two points on the down portion of the exercise and holding each position for 5 seconds.
6. Do “Reverse Sit –Ups” by starting in the up position with your elbows touching your knees and curl down until your shoulders are about 6” off the floor then return to the starting position without touching your back to the floor. Start with 5 at the end of your work-out and add 1 with each workout until you get to 20. (View the CD for proper recovery technique from the down position)



7. Once a week perform the 60-second max sit up test. Adjust the number of sit-ups done during repetitive sets accordingly.
8. Once you have accomplished 6 workouts (approximately 2 weeks) add an additional 3 sets of abdominal crunches following the completion of 3 sets of sit-ups. Do the same number of repetitions per set as sit-ups. Perform Abdominal Crunch progression #2 as found in the Internet at

<http://www.dietsite.com/dt/exerciseplanner/CrunchProgression2.asp>

CAUTION: If back pain develops, discontinue these exercises and get medical assistance.

1.5 Mile Run – Training Program by Jeff Galloway

This six-week training program was developed by Jeff Galloway a world class runner and member of the 1972 U.S. Olympic Team and is designed to help the non-runner slowly and methodically begin to train for the 1.5 mile run. Review the terms below as they appear as abbreviations or symbols on the training plan. For best results, keep a log of your workouts including run times to chart your progress.

Key to Abbreviations in Training Program

WO = Work Out

Once a week test races run as close as possible to race pace.

* = Cadence Drill

1. Warm up by walking for 5 minutes, add running alternated with walking (run 15 seconds then walk 30 seconds) for 10 minutes
2. Start jogging slowly for 1-2 minutes – then time yourself for 30 seconds and count the number of times your left foot touches.
3. Walk for 1-minute then repeat the 30 second drill (above)
4. On the second 30 second drill, increase the number of strides by 1 or 2
5. Repeat 3-7 times trying to increase your strides by 1-2 additional counts

** = Acceleration Gliders

1. Jog very slow for about 15 strides
2. Jog faster for about 15 strides
3. Over the next 15 strides, gradually increase pace slightly, but not to a sprint
4. Glide using your momentum for as many strides as possible
5. Repeat 4-8 times

*/** = Cadence Drill (3-7 times) then Acceleration Gliders (4-8 times)

XT = Cross Training

Alternate running with some other form of aerobic exercise such as bicycle riding, training on a elliptical trainer or bench stepping

Taken from: Running-Testing Yourself by Jeff Galloway, ISBN-1-84126-167-X, (www.JeffGalloway.com). Reprinted with permission.

1.5 mile training program

Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 1						
Test day */**800m	Walk 30 min or XT or off	Speed day */**5x400m	Walk 30 min or XT or off	off	Long run 3.5 mi	off
Week 2						
Test day (WO) 1200m/ race pace plus 400m (*/**)	Walk 30 min or XT or off	Speed day 6x400m (*/**)	Walk 30 min or XT or off	off	Long run 4 mi	off
Week 3						
Test day */**800m	Walk 30 min or XT or off	Speed day */**7x400m	Walk 30 min or XT or off	off	Long run 4.5 mi	off
Week 4						
Test day (WO) 1200m/ race pace plus 800m (*/**)	Walk 30 min or XT or off	Speed day 8x400m (*/**)	Walk 30 min or XT or off	off	Long run 5.0 mi	off
Week 5						
Test day */**800m	Walk 30 min or XT or off	Speed day */**9x400m	Walk 30 min or XT or off	off	Long run 5.5 mi	off

Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 6						
Test day (WO) 1mi/ race pace plus 800m (*/**)	Walk 30 min or XT or off	Speed day 10x400m (*/**)	Walk 30 min or XT or off	off	Long run 6 mi	off
Next week: Goal Race						
3-4x400m at race pace walk 3-4 min between ea (*/**)	XT or off or walk 3-4 min between ea (*/**)	3-4x400m at race pace walk 3-4 min between ea (*/**)	XT or off	off	Goal race	off



CBP Field Operations Academy Fitness Requirements

- Training at the Academy is intense and requires that you report in shape. Within three days of arrival, you will be required to participate in the Federal Law Enforcement Training Center's Physical Efficiency Battery which consists:
 - Weight and Body Composition Measurements
 - Sit and Reach Test
 - One Maximum Rep – Bench Press
 - Illinois Agility Run
 - 1.5 Mile Run
- The physical fitness training modules conducted at the Academy will require that you demonstrate:
 - Cardiovascular Endurance
 - Flexibility
 - Muscular Strength
 - Muscular Endurance
- To graduation from the Academy you must be able to successfully meet the Fitness Graduation Standards:
 - 1.5 Mile Run - 15 minutes or less
 - Sit and Reach – 12.5 inches
 - Push-ups – 24 in one minute
 - 220 Yard Run – 45 seconds or less

